PREFACE

A popular programme called "Aerobics" was developed by Kenneth Cooper in the year 1960 include activities such as running, bicycling and swimming. Aerobic exercise consists of rhythmic running, hopping, jumping, sliding, stretching and swinging as well as variety of dance steps.

Nowadays exercise becomes more popular in western countries and also in India among youngsters in cities. Moreover it is a pleasant way of conditioning the sportsmen and women.

The present investigation is a unique study in the field of physical education. This study has been confirmed that the low and high impacts of aerobic exercises will improve the selected motor ability components, physiological variables and haematological variables among college women students.

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